

# DOVEDALE PRIMARY LUNCH MENU

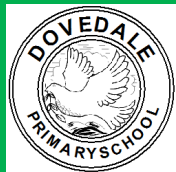
Autumn Term 1 2023



| Week 1<br>w/c 4th Sept     | Monday   | Tuesday  | Wednesday   | Thursday  | Friday   |
|----------------------------|--|--|---|---|--|
| <b>Soup of the Day</b>     | Chef choice  | Roasted red pepper                                       | Split Pea   | Leek & Potato                                     | Chef Choice  |
| <b>Main Meal</b>           | Wholemeal margherita pizza served with homemade potato wedges & salad or beans | Spanish Chicken served with green beans & wholemeal rice | Macaroni Cheese served with peas & sweetcorn                        | Meatball sub roll with tortilla chips & salad     | Battered fish fillet & chips with peas or baked beans                |
| <b>Meat-free Main Meal</b> | Twice baked jacket potatoes  | Cheese & Onion Pie                                       | Vegetarian Chilli   | Vegetable & cheese quesadillas                    | Cheese Toasties  |
| <b>Side dish</b>           | Crusty bread   | Wholemeal Rice   | Crusty bread  | Tortilla chips                                    | Chips<br>Bread & butter  |
| <b>Vegetable</b>           | Carrot batons<br>Cucumber  | Green Beans  | Peas and sweetcorn  | Tomatoes & cucumber                               | Peas   |
| <b>Dessert</b>             | Yoghurts, fresh fruit, cheese & crackers, raisins                              | Yoghurts, fresh fruit, cheese & crackers, raisins        | Pineapple Cake<br>Yoghurts, fresh fruit, cheese & crackers, raisins | Yoghurts, fresh fruit, cheese & crackers, raisins | Homemade Cookie<br>Yoghurts, fresh fruit, cheese & crackers, raisins |

Daily options: Jacket potatoes with tuna, cheese or beans, cold tuna or cheese pasta salad, ham/cheese/tuna sandwiches, seasonal salad

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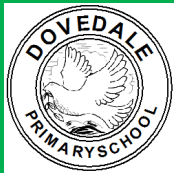
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| Week 2<br>w/c 11th Sept        | Monday  | Tuesday  | Wednesday  | Thursday  | Friday  |
|--------------------------------|---|--|--|---|---|
| <b>Soup of the Day</b>         | Chef choice   | Leek & Potato  | Red Pepper   | Tomato & Basil  | Chef Choice   |
| <b>Main Meal</b>               | Vegetable Stir Fry<br>with noodles & spring<br>rolls    | Chicken Shawarma<br>wraps with vegetable<br>rice, coleslaw & mint-<br>ed yoghurt dip | Ham Roast dinner<br>served with seasonal<br>vegetables & roast<br>new potatoes     | Wholemeal Spaghetti<br>Bolognese with garlic<br>bread   | Fish fingers & chips<br>with peas or baked<br>beans                 |
| <b>Meat-free<br/>Main Meal</b> | Tomato & Basil Pasta                                    | Salmon, vegetable or<br>cheese wrap with rice,<br>coleslaw & minted<br>yoghurt dip   | Quorn Fillet roast<br>dinner with seasonal<br>vegetables & roast<br>new potatoes   | Quorn mince Spaghetti<br>Bolognese with garlic<br>bread | Vegetarian Sausage<br>Roll<br>Cheese Toasties                       |
| <b>Side dish</b>               | Spring rolls<br>Crusty bread                            | Wholemeal Rice<br>Coleslaw   | Crusty bread   | Tortilla chips  | Chips<br>Bread & butter   |
| <b>Vegetable</b>               | Tomatoes  | Salad  | Seasonal vegetables  | Salad<br>Tomatoes                                       | Peas  |
| <b>Dessert</b>                 | Yoghurts, fresh fruit,<br>cheese & crackers,<br>raisins | Yoghurts, fresh fruit,<br>cheese & crackers,<br>raisins                              | Sponge Cake served<br>with custard<br>Yoghurts, fresh fruit,<br>cheese & crackers, | Yoghurts, fresh fruit,<br>cheese & crackers,<br>raisins | Flapjack<br>Yoghurts, fresh fruit,<br>cheese & crackers,<br>raisins |

Daily options: Jacket potatoes with tuna, cheese or beans, cold tuna or cheese pasta salad,  
ham/cheese/tuna sandwiches, seasonal salad

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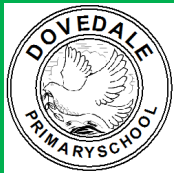
## Autumn Term 1 2023



| Week 3<br>w/c 18th Sept    | Monday  | Tuesday  | Wednesday  | Thursday  | Friday   |
|----------------------------|---|--|--|---|--|
| <b>Soup of the Day</b>     | Chef choice                                       | Pea  | Red Pepper   | Carrot & Coriander                                | Chef Choice  |
| <b>Main Meal</b>           | Vegetable Lasagne                                 | Cottage Pie served with peas & sweetcorn             | Spaghetti Carbonara with garlic bread                              | Chicken Katsu Curry with rice                     | Battered fish fillet & chips with peas or baked beans                |
| <b>Meat-free Main Meal</b> | Broccoli & Cream Cheese Pasta Bake                | Quorn Mince Cottage Pie served with peas & sweetcorn | Spaghetti with tomato & basil sauce                                | Vegetable Curry with rice                         | Cheese Toasties  |
| <b>Side dish</b>           | Potato Wedges<br>Garlic Bread                     | Crusty bread   | Garlic bread   | Rice<br>Naan bread                                | Chips<br>Bread & butter  |
| <b>Vegetable</b>           | Tomatoes<br>Salad                                 | Peas & sweetcorn                                     | Salad  | Peas  | Peas   |
| <b>Dessert</b>             | Yoghurts, fresh fruit, cheese & crackers, raisins | Yoghurts, fresh fruit, cheese & crackers, raisins    | Bakewell Tart<br>Yoghurts, fresh fruit, cheese & crackers, raisins | Yoghurts, fresh fruit, cheese & crackers, raisins | Double Chocolate Cookie<br>Yoghurts, fresh fruit, cheese & crackers, |

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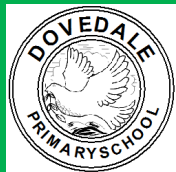
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| Week 4<br>w/c 25th Sept        | Monday   | Tuesday  | Wednesday  | Thursday  | Friday   |
|--------------------------------|--|--|--|---|--|
| <b>Soup of the Day</b>         | Chef choice  | Chinese Sweetcorn  | Chef choice  | Chef choice   | Chef choice  |
| <b>Main Meal</b>               | Vegetable Burrito<br>with crème fraîche<br>and crisp salad | Sausage and mashed<br>potato with carrots,<br>peas and onion gravy               | Chicken Fajita Wraps<br>with fried onions,<br>mixed peppers &<br>tortilla chips              | Spaghetti Bolognese                                     | Battered fish fillet &<br>chips with peas or<br>baked beans                |
| <b>Meat-free<br/>Main Meal</b> | Tomato & Basil Pasta<br>bake                               | Vegetarian sausage<br>and mashed potato<br>with carrots, peas and<br>onion gravy | Vegetable and cheese<br>Fajita wraps with fried<br>onions, mixed peppers<br>& tortilla chips | Quorn Mince Spaghetti<br>Bolognese                      | Cheese Toasties  |
| <b>Side dish</b>               | Wholemeal wraps  | Mashed potato<br>Crusty bread  | Tortilla chips   | Garlic bread<br>Grated cheese                           | Chips<br>Bread & butter  |
| <b>Vegetable</b>               | Salad  | Carrots & peas   | Salad<br>Peppers   | Tomatoes  | Peas   |
| <b>Dessert</b>                 | Yoghurts, fresh fruit,<br>cheese & crackers,<br>raisins    | Yoghurts, fresh fruit,<br>cheese & crackers,<br>raisins                          | Iced sponge cake<br>Yoghurts, fresh fruit,<br>cheese & crackers,<br>raisins                  | Yoghurts, fresh fruit,<br>cheese & crackers,<br>raisins | Gingerbread Man<br>Yoghurts, fresh fruit,<br>cheese & crackers,<br>raisins |

Daily options: Jacket potatoes with tuna, cheese or beans, cold tuna or cheese pasta salad,  
ham/cheese/tuna sandwiches, seasonal salad

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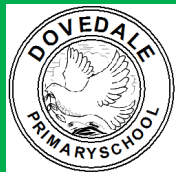
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| Week 5<br>w/c 2nd Oct      | Monday   | Tuesday  | Wednesday   | Thursday<br>CENSUS DAY                            | Friday   |
|----------------------------|--|--|---|---|--|
| <b>Soup of the Day</b>     | Chef choice  | Tomato & Basil   | Broccoli & Cheddar  | Chef choice                                       | Chinese Sweetcorn  |
| <b>Main Meal</b>           | Vegan Ravioli in homemade tomato sauce with crusty bread | Slow cooked Chicken Tagine served with cous-cous & Greek yoghurt dip | Chicken Tikka Curry with wholegrain rice, green beans & Naan bread                          | Chef choice                                       | Fish fingers & chips with peas or baked beans                            |
| <b>Meat-free Main Meal</b> | Cheesy Pasta bake  | Cheese & Onion Pie   | Quorn Tikka Curry with wholegrain rice, green beans & Naan bread                            | Chef choice                                       | Cheese Toasties  |
| <b>Side dish</b>           | Crusty bread   | Cous Cous  | Naan Bread<br>Mango Chutney   | Chef choice                                       | Chips<br>Bread & butter  |
| <b>Vegetable</b>           | Salad<br>Tomatoes  | Cauliflower  | Green beans   | Chef choice                                       | Peas   |
| <b>Dessert</b>             | Yoghurts, fresh fruit, cheese & crackers, raisins        | Yoghurts, fresh fruit, cheese & crackers, raisins                    | Jam topped sponge cake & whipped cream<br>Yoghurts, fresh fruit, cheese & crackers, raisins | Yoghurts, fresh fruit, cheese & crackers, raisins | Shortbread Biscuits<br>Yoghurts, fresh fruit, cheese & crackers, raisins |

Daily options: Jacket potatoes with tuna, cheese or beans, cold tuna or cheese pasta salad, ham/cheese/tuna sandwiches, seasonal salad

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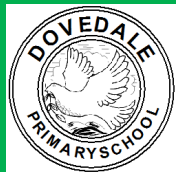
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| Week 6<br>w/c 9th Oct      | Monday  | Tuesday   | Wednesday   | Thursday<br>CENSUS DAY                            | Friday   |
|----------------------------|---|---|---|---|--|
| <b>Soup of the Day</b>     | Chef choice                                       | Tomato & Basil                                    | Broccoli & Cheddar  | Chef choice                                       | Vegetable & Lentil   |
| <b>Main Meal</b>           | Vegetable Spaghetti Bolognese with garlic bread   | Chicken burger in a wholemeal bun                 | Chicken Dhansak curry with rice, green beans & Naan bread                           | Cowboy Casserole with wholemeal penne pasta       | Battered fish fillet & chips with peas or baked beans            |
| <b>Meat-free Main Meal</b> | Vegetable Stir Fry with noodles                   | Cheese & Onion Pie                                | Vegetable Curry with rice, green beans & Naan bread                                 | Wholemeal penne pasta with tomato & basil sauce   | Cheese Toasties  |
| <b>Side dish</b>           | Garlic bread                                      | Baked beans or salad                              | Naan Bread<br>Mango Chutney   | Crusty bread                                      | Chips<br>Bread & butter  |
| <b>Vegetable</b>           | Salad<br>Tomatoes                                 | Salad   | Green beans   | Tomatoes  | Peas   |
| <b>Dessert</b>             | Yoghurts, fresh fruit, cheese & crackers, raisins | Yoghurts, fresh fruit, cheese & crackers, raisins | Jam topped sponge cake & whipped cream<br>Yoghurts, fresh fruit, cheese & crackers, | Yoghurts, fresh fruit, cheese & crackers, raisins | Oat Cookies<br>Yoghurts, fresh fruit, cheese & crackers, raisins |

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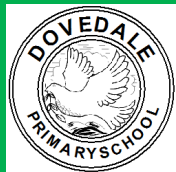
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| Week 7<br>w/c 16th Oct         | Monday  | Tuesday   | Wednesday   | Thursday   | Friday  |
|--------------------------------|---|---|---|--|---|
| <b>Soup of the Day</b>         | Chef choice   | Roasted Vegetable   | Carrot  | Chef choice  | Mushroom  |
| <b>Main Meal</b>               | Vegetable Stir Fry<br>with noodles and<br>spring rolls  | Chicken Chasseur<br>served with mashed<br>potato, carrots,<br>broccoli & peas | West African Jollof<br>Rice   | Chicken Roast dinner<br>served with seasonal<br>vegetables & roast<br>new potatoes | Fish fingers & chips<br>with peas or baked<br>beans                       |
| <b>Meat-free<br/>Main Meal</b> | Vegetarian Chilli with<br>rice                          | Cheese & Onion Pie<br>with carrots and peas                                   | Vegetable Rice  | Quorn Fillet roast<br>dinner with seasonal<br>vegetables & roast<br>new potatoes   | Cheese Toasties   |
| <b>Side dish</b>               | Spring rolls<br>Crusty bread                            | Mashed Potato<br>Crusty bread   | Crusty bread  | Roast new potatoes<br>Crusty bread   | Chips<br>Bread & butter   |
| <b>Vegetable</b>               | Carrots<br>Peas<br>Peppers                              | Carrots<br>Broccoli<br>Peas   | Red peppers   | Carrots<br>Broccoli<br>Peas  | Peas  |
| <b>Dessert</b>                 | Yoghurts, fresh fruit,<br>cheese & crackers,<br>raisins | Yoghurts, fresh fruit,<br>cheese & crackers,<br>raisins                       | Pineapple Upside Down<br>Cake<br>Yoghurts, fresh fruit,<br>cheese & crackers, | Yoghurts, fresh fruit,<br>cheese & crackers,<br>raisins                            | Apple flapjack<br>Yoghurts, fresh fruit,<br>cheese & crackers,<br>raisins |

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| Week 8<br>w/c 23rd Oct         | Monday  | Tuesday   | Wednesday  | Thursday  | Friday  |
|--------------------------------|---|---|--|---|---|
| <b>Soup of the Day</b>         | Chef choice   | Leek & Potato   | Pumpkin  | Chef choice   | Tomato & Basil  |
| <b>Main Meal</b>               | Macaroni Cheese with<br>peas and garlic bread           | Falafel Pitta with<br>potato wedges and<br>minted yoghurt dip | Chicken Korma Curry<br>with wholemeal rice,<br>green beans and Naan<br>bread     | Meatball sub roll with<br>tortilla chips & salad        | Fish fingers & chips<br>with peas or baked<br>beans                   |
| <b>Meat-free<br/>Main Meal</b> | Cheesy Bean Pasta<br>Bake                               | Vegetable Singapore<br>Fried Rice                             | Quorn Korma Curry<br>with wholemeal rice,<br>green beans and Naan<br>bread       | Vegetable Quesadillas                                   | Cheese Toasties   |
| <b>Side dish</b>               | Garlic bread  | Potato wedges   | Naan bread   | Tortilla chips  | Chips<br>Bread & butter   |
| <b>Vegetable</b>               | Peas<br>Salad   | Peppers<br>Cucumber sticks                                    | Green beans  | Salad<br>Tomatoes                                       | Peas  |
| <b>Dessert</b>                 | Yoghurts, fresh fruit,<br>cheese & crackers,<br>raisins | Yoghurts, fresh fruit,<br>cheese & crackers,<br>raisins       | Chocolate Chip Cookie<br>Yoghurts, fresh fruit,<br>cheese & crackers,<br>raisins | Yoghurts, fresh fruit,<br>cheese & crackers,<br>raisins | Welsh Cake<br>Yoghurts, fresh fruit,<br>cheese & crackers,<br>raisins |

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